MIDNIGHT MEAT CRISIS

MINI RECIPE BOOKLET

Dark, Bold, Unhinged.

Midnight Meat Crisis is our dark BBQ rub, built for colour, crust and bold flavour. Smoked paprika, cracked pepper, cumin and dark cocoa build a deep, dark crust with proper BBQ attitude.

These ten recipes show it off on steak, lamb, pork, chicken, tuna, mushrooms and beans.

Go dark. Go bold.

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HOW TO USE MIDNIGHT MEAT CRISIS

How much. About 1 tbsp per 500 g of meat, seafood or veg. Go heavier for a bolder crust.

When to rub. Meat: season just before cooking, or up to 24 hours ahead for deeper flavour, covered in the fridge. Seafood, veg and tofu: season just before cooking.

Best on. Steak, lamb, pork, game, tuna and mushrooms.

Heat guide. The crust goes dark fast because of the cocoa and activated charcoal, so judge doneness by time and temperature, not colour.

Pairs with. Red wine, butter, mushrooms and the Dark BBQ Dip from the Dips booklet.

THE PERFECT BBQ STEAK

Serves 2 · Prep 5 min plus resting · Cook 10 min

INGREDIENTS

2 scotch fillet or rump steaks (about 3 cm thick)
2 tsp Midnight Meat Crisis
1 tbsp oil
20 g butter

METHOD

Take the steaks out of the fridge 30 minutes before cooking. Pat dry and rub with the oil and Midnight Meat Crisis.

Heat the BBQ to high. Cook for 4 to 5 minutes per side for medium-rare (55°C inside), turning only once.

Top each steak with butter and rest for 5 minutes under loose foil.

Slice across the grain.

NOTES

Medium-rare 55°C, medium 60°C, well done 70°C.

FINAL WORD

The steak that started the crisis.

SEARED TUNA WITH SESAME GREENS

Serves 2 · Prep 10 min · Cook 5 min

INGREDIENTS

2 sashimi-grade tuna steaks (about 150 g each)
2 tsp Midnight Meat Crisis
1 tbsp oil
1 bunch broccolini
1 tbsp soy sauce
1 tsp sesame oil
1 tsp sesame seeds

METHOD

Rub the tuna with the Midnight Meat Crisis.

Sear in the oil in a very hot pan for 1 minute per side so the middle stays rare. Slice thickly.

Steam the broccolini for 3 minutes and toss with the soy sauce and sesame oil.

Serve the tuna on the broccolini, sprinkled with sesame seeds.

NOTES

Buy sashimi-grade tuna if you want to keep it rare.

FINAL WORD

Dark crust, ruby middle, total drama.

PORK SCOTCH STEAKS WITH CHARRED BROCCOLINI

Serves 2 · Prep 5 min · Cook 12 min

INGREDIENTS

2 pork scotch fillet steaks
2 tsp Midnight Meat Crisis
1 tbsp oil
1 bunch broccolini
1 tbsp olive oil
Lemon wedges, to serve

METHOD

Rub the pork with the oil and Midnight Meat Crisis.

Cook on a BBQ over medium-high heat for 4 to 5 minutes per side until just cooked through. Rest.

Toss the broccolini in the olive oil and grill for 3 to 4 minutes until charred.

Serve with lemon.

NOTES

Pork scotch is marbled and stays juicy. Great value too.

FINAL WORD

Pork, but make it dramatic.

PORTOBELLO MUSHROOM BURGERS

Makes 4 · Prep 10 min · Cook 10 min

INGREDIENTS

4 large portobello mushrooms, stalks removed
2 tbsp olive oil
2 tsp Midnight Meat Crisis
4 slices cheese
4 burger buns, toasted
Rocket, tomato and aioli, to serve

METHOD

Brush the mushrooms with the oil and sprinkle with Midnight Meat Crisis.

Cook gill-side down on a medium-hot BBQ for 4 minutes, then turn. Put a slice of cheese on each mushroom, close the lid and cook for 4 minutes more until tender and the cheese has melted.

Spread the buns with aioli.

Build with rocket, tomato and the mushrooms.

NOTES

The dark crust gives mushrooms a seriously meaty flavour.

FINAL WORD

The veggie burger meat lovers steal.

LAMB RUMP WITH RED WINE JUS

Serves 2 · Prep 10 min · Cook 25 min

INGREDIENTS

2 lamb rumps (about 250 g each)
2 tsp Midnight Meat Crisis
1 tbsp oil
½ cup red wine
½ cup beef stock
20 g cold butter
Mashed potato and steamed greens, to serve

METHOD

Preheat the oven to 200°C (180°C fan-forced). Rub the lamb with the oil and Midnight Meat Crisis.

Heat a heavy ovenproof frypan (cast iron is ideal) over medium-high heat. Sear the lamb fat-side down for 4 minutes, then brown the other sides.

Put the pan in the oven and roast for 10 to 12 minutes for medium-rare. Move the lamb to a board and rest under foil for 5 minutes.

Put the pan back on the stove over medium-high heat. The handle will be very hot, so use an oven mitt. Add the wine and stock and simmer for 4 minutes until reduced by half. Take off the heat and whisk in the butter.

Slice the lamb, spoon over the jus and serve with mash and greens.

NOTES

Score the fat in a criss-cross pattern so it renders and crisps.

FINAL WORD

Dinner-party lamb with very little effort.

MIDNIGHT BEEF SKEWERS

Serves 4 · Prep 15 min · Cook 10 min

INGREDIENTS

600 g rump steak, cut into 3 cm cubes
1 tbsp Midnight Meat Crisis
1 tbsp oil
1 red onion, cut into 8 wedges
1 red capsicum, cut into 3 cm squares
8 skewers (soak bamboo ones for 30 minutes)

METHOD

Toss the beef with the oil and Midnight Meat Crisis.

Thread the beef, onion and capsicum onto the skewers.

Cook on a hot BBQ for 8 to 10 minutes, turning, for medium.

Rest for 3 minutes before serving.

NOTES

Don't pack the skewers too tightly or the middle won't cook evenly.

FINAL WORD

Steak on a stick. Dark and handsome.

DARK CRUST CHICKEN DRUMSTICKS

Serves 4 · Prep 10 min · Cook 45 min

INGREDIENTS

8 chicken drumsticks
1 tbsp Midnight Meat Crisis
1 tbsp oil
1 lime
Coleslaw, to serve

METHOD

Preheat the oven to 200°C (180°C fan-forced).

Slash each drumstick twice to the bone. Rub with the oil and Midnight Meat Crisis.

Roast on a lined tray for 40 to 45 minutes, turning once, until cooked through and the juices run clear.

Squeeze over the lime and serve with coleslaw.

NOTES

Slashing the meat lets the rub in and helps it cook evenly.

FINAL WORD

Chicken, but it's been to the dark side.

MIDNIGHT BEEF JERKY

Makes about 250 g · Prep 20 min plus chilling · Cook 4 hr

INGREDIENTS

750 g lean topside or silverside
2 tbsp soy sauce
1 tbsp Worcestershire sauce
1 tbsp brown sugar
1 tbsp Midnight Meat Crisis

METHOD

Freeze the beef for 1 hour, then slice very thinly (3 to 4 mm) with the grain.

Mix the soy sauce, Worcestershire, sugar and Midnight Meat Crisis. Toss through the beef and refrigerate for 4 hours or overnight.

Preheat the oven to its lowest setting, about 70°C to 80°C. Pat the beef dry and lay on wire racks over trays.

Dry for 3 to 4 hours, with the oven door slightly ajar, until dry but still bendy. Cool, then store in an airtight container in the fridge.

NOTES

Keep refrigerated and eat within 1 week.

FINAL WORD

Road-trip fuel, seasoned in the dark.

MIDNIGHT ROAST BEEF & GRAVY

Serves 6 · Prep 10 min · Cook 1 hr 15 min

INGREDIENTS

1.5 kg beef topside or rump roast
2 tbsp Midnight Meat Crisis
2 tbsp olive oil
1 brown onion, thickly sliced
2 tbsp plain flour
2 cups beef stock

METHOD

Preheat the oven to 200°C (180°C fan-forced). Rub the beef with the oil and Midnight Meat Crisis.

Sit the beef on the onion in a roasting tin. Roast for 1 hour to 1 hour 15 minutes until 55°C inside for medium-rare.

Move the beef to a board and rest under foil for 15 minutes.

Meanwhile, put the tin on the stove over medium heat (use oven mitts). Stir the flour into the juices and onion for 1 minute, then gradually whisk in the stock and simmer for 3 to 5 minutes until thick. Strain into a jug and serve with the thinly sliced beef.

NOTES

Leftovers make the best roast beef rolls.

FINAL WORD

Sunday roast, after dark.

BLACK BEAN CHILLI

Serves 4 · Prep 10 min · Cook 30 min

INGREDIENTS

1 tbsp oil
1 brown onion, chopped
1 red capsicum, diced
1 tbsp Midnight Meat Crisis
2 x 400 g cans black beans, rinsed and drained
400 g can chopped tomatoes
1 cup vegetable stock
Rice, sour cream and avocado, to serve

METHOD

Cook the onion and capsicum in the oil in a large saucepan over medium heat for 6 minutes until soft.

Stir in the Midnight Meat Crisis for 30 seconds.

Add the beans, tomatoes and stock and simmer for 20 minutes until thick.

Serve with rice, sour cream and avocado.

NOTES

The cocoa in the rub gives a rich, mole-style depth. No meat needed.

FINAL WORD

Meat-free, but still in crisis.

THANK YOU

Thanks for cooking with Outback Smoke & Fire.

Show us your dark side. Tag @OutbackSmokeAndFire and use #OutbackSmokeAndFire.

Find the full range, more recipes and the Rub Finder Quiz at outbacksmokeandfire.com

Big flavour starts with a great rub.

Everything else is just showing off.